

COGNITIVE-BEHAVIORAL TREATMENT RESOURCES

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CLIENT WORKBOOKS, PROGRAM MATERIALS & PROFESSIONAL BOOKS

www.moral-reconation-therapy.com

Materials Catalog SAMHSA NREPP Evidence-Based Programs

WORKBOOKS

HOW TO ESCAPE YOUR PRISON



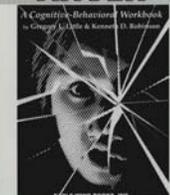
A MORAL RECONATION THERAPY WORKBOOK

Gregory L. Little

Kenneth D. Robinson



COPING WITH ANGER



YOUR LIFEWORX

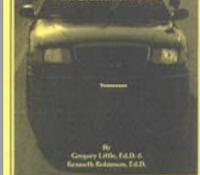
FINDING YOUR PURPOSE,
PRINCIPLES, & MISSION

Dr. Gregory L. Little,
Dr. Kenneth D. Robinson, &
Katherine Burnette

Something For Nothing But the 'something' isn't what you wanted



DRIVING THE RIGHT WAY



Providing Criminal Justice and Substance Abuse
Programs With Evidence-Based Materials Since 1986

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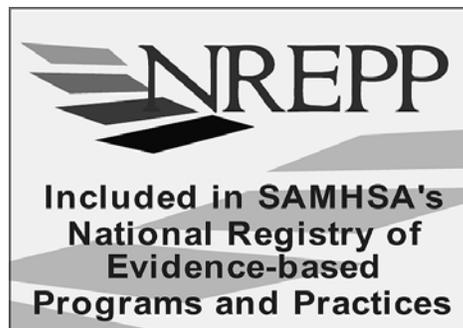
2009 CATALOG • EVIDENCE-BASED TREATMENT MATERIALS FROM CCI

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• **CCI** •  

**CORRECTIONAL
COUNSELING, INC.**

Providing Criminal Justice and Substance Abuse
Programs With Evidence-Based Materials Since 1986

MORAL RECONATION THERAPY® MATERIALS

Moral Reconciliation Therapy or MRT®, an NREPP program, is the premiere cognitive-behavioral program for substance abuse treatment and for offender populations. Developed in 1985 by Dr. Gregory Little and Dr. Kenneth Robinson, over 120 published outcome studies have documented that MRT-treated offenders show significantly lower recidivism for periods as long as 10-years after treatment. Research consistently shows that, in comparison to appropriate controls, MRT treated offenders have rearrest and reincarceration rates from 25% to 75% lower than expected. MRT treatment also leads to a host of significant beneficial and desirable personality changes. CCI is the sole source for MRT treatment materials.



the long term—for 10 years after treatment. No other cognitive-behavioral treatment for offenders or substance abuse has shown such results. More information on MRT research can be found on the MRT website and CCI's website.

Definition of MRT®

The term *moral* refers to moral reasoning level based on Kohlberg's levels of cognitive reasoning. The word *reconciliation* comes from the psychological terms *conative* and *conation*, which refer to the process of making conscious decisions. MRT is a cognitive-behavioral system that leads to enhanced moral reasoning, better decision-making, and more appropriate behavior.

MRT was initially developed as the cognitive-behavioral component in a prison-based therapeutic community. Because of its remarkable success (notably with minority participants), the program was then tested and widely implemented in general inmate populations, with juvenile offenders, in parole and probation settings, in community corrections, in hospital and outpatient programs, in educational settings, and drug courts. Measured objective outcomes were consistent in all settings. The program leads to increased participation rates, increased program completion rates, decreased disciplinary infractions, beneficial changes in personality characteristics, and significantly lower recidivism rates. Unlike other programs' outcomes, MRT's research shows enhanced participation and program completion by minority groups and significantly lower recidivism over

All MRT groups must be operated by MRT-certified facilitators — professional staff, who complete a 32-hour training. Separate trainings exist for basic MRT and the MRT program used on perpetrators of domestic violence. CCI conducts or approves these trainings. Each participant in MRT must have an MRT workbook. There are four basic MRT workbooks plus a separate workbook for domestic violence. Each workbook is described in this catalog along with the target population. In addition, several of CCI's other treatment workbooks are based on variations of MRT principles.

MRT is typically conducted in weekly groups where clients present homework from one of the MRT workbooks. Group facilitators use objective criteria to evaluate the participant's successful completion of each of the program's 12-steps. Each step has homework and objective assignments that clients complete prior to group meetings. For more information on MRT call CCI or visit www.ccimrt.com.

NOTE: MRT workbooks are only sold to facilitators who completed MRT training or to programs that have trained MRT facilitators. To order MRT materials you must list the name of the trained facilitator.

**Interested in scheduling an MRT or other training? Check CCI's website for upcoming training dates and locations:
www.ccimrt.com**

COGNITIVE-BEHAVIORAL MRT SUBSTANCE ABUSE TREATMENT

How To Escape Your Prison

How To Escape Your Prison is the primary MRT workbook used for **adult offenders** and adults in **substance abuse treatment**. The 152-page workbook is also used in programs for **multiple DUI offenders**. The workbook addresses all of the issues related to criminal thinking and criminal needs. Cost: \$25.00 per workbook.

Target Population & Use

The book is used with all types of offenders including those in **jails, prisons, community corrections, TCs, halfway houses, diversion, parole and probation, and drug/mental health/DUI courts**. Numerous substance abuse programs, both residential and outpatient, utilize the workbook. MRT is a SAMHSA NREPP program used for substance abuse and general treatment of criminal populations.

Implementation Settings

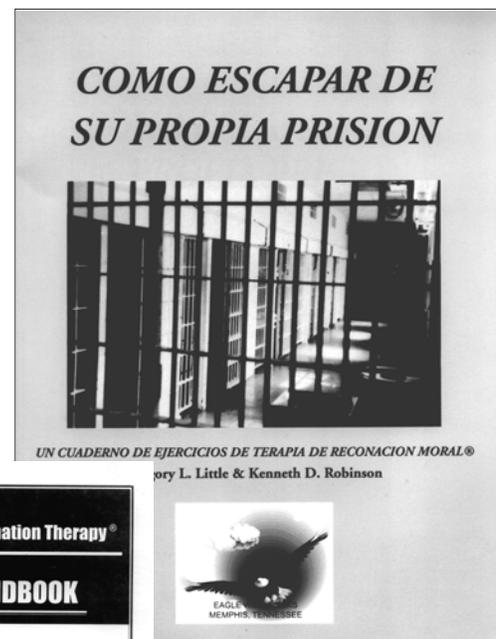
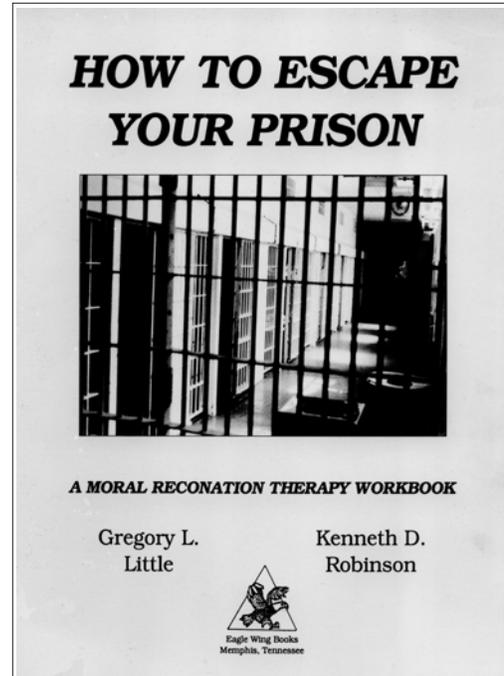
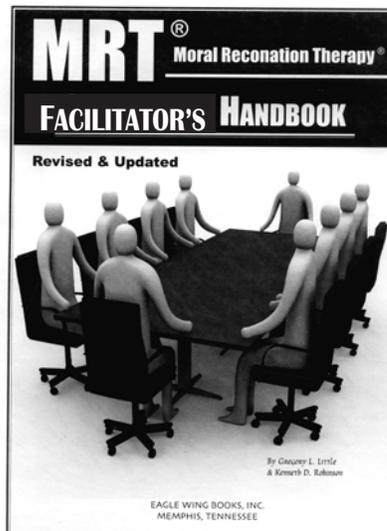
MRT is used in all correctional settings, probation and parole, community corrections, diversion programs, in private treatment settings, in welfare-to-work programs, educational settings, and elsewhere.

How It Is Conducted

The program has 16 Steps with 12 of these typically completed in 30 group sessions held in accordance with the implementation site's own needs and characteristics. For example, therapeutic communities often hold several MRT groups each week while drug courts and probation sites typically hold a weekly group. Clients complete homework for each group prior to coming to a session. In the group each client presents his or her homework and the facilitator passes the client to the next step or has the client redo the homework based on objective criteria. All MRT groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. All MRT facilitators must complete basic MRT training.

Supportive Materials

The *MRT Facilitator's Handbook* (\$10.00) gives basic instructions as well as the objective criteria that should be used for each Step. A Spanish version of the workbook is available (\$25.00). An audiotope set or CD set of the book is available for clients who do not read (\$75.00). There are both English and Spanish versions of the "book on audio" available. Several other treatment tools are recommended. These include tapes or CDs that clients can utilize: the *Five-Minute Stress Manager* (\$8.95); *Imaginary Future* (\$8.95). For information on these materials see page 18. Those who attend MRT training receive a copy of the *MRT Facilitator's Handbook*, the *Five-Minute Stress Manager*, and *Imaginary Future*.



An audio version of How To Escape Your Prison is available as a CD set or tape set.



JUVENILE MRT

Juvenile MRT—How To Escape Your Prison

This 122-page workbook, an NREPP program, is a juvenile adaptation of the adult version. The book is used in virtually all programs dealing with **juvenile offenders** and **juvenile substance abusers**. Cost: \$25.00 per workbook.

Target Population & Use

The book is used with all types of juvenile offenders and juvenile substance abusers. MRT is an NREPP program used for substance abuse and general treatment of juveniles.

Implementation Settings

MRT is used in all juvenile settings, probation and parole, community corrections, diversion programs, in private treatment settings, in welfare-to-work programs, educational settings, drug/mental health/juvenile courts, and elsewhere.

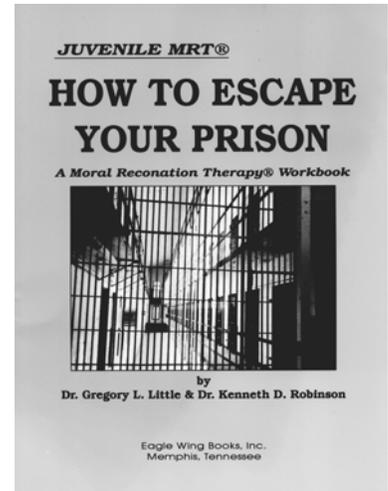
How It Is Conducted

The program has 16 Steps with 12 of these typically completed in 30 group sessions held in accordance with the implementation site's own needs and characteristics. Clients complete homework for each group prior to coming to a session. In group each client presents his or her homework and the facilitator passes the client to the next step or has the client redo the homework based on objective criteria. All

MRT groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. All MRT facilitators must complete basic MRT training.

Supportive Materials

The *MRT Facilitator's Handbook* (\$10.00) gives basic instructions as well as the objective criteria that should be used for each Step. A Spanish version of the adult book is available (\$25.00). An audiotape set or CD set of the *Juvenile MRT* book is available for clients who do not read (\$75.00). Several other treatment tools are recommended. These include tapes or CDs that clients can utilize: the *Five-Minute Stress Manager* (\$8.95); *Imaginary Future* (\$8.95). For information on these materials see page 18. Individuals who enter MRT training receive a copy of the *MRT Facilitator's Handbook*, the *Five-Minute Stress Manager*, and *Imaginary Future*.



MRT FOR EDUCATIONAL SETTINGS & NON-CRIMINAL JUSTICE

Discovering Life and Liberty in the Pursuit of Happiness

This 109-page workbook is an educational adaptation of basic MRT. The book is used in numerous **educational settings**, **welfare-to-work programs**, and in settings focusing on helping individuals set goals, work on relationships, and become more focused. Cost: \$25.00 per workbook.

Target Population & Use

The book is used with all types of nonoffender populations especially in educational settings. High schools, community colleges, residential programs, and churches utilize this version of MRT. MRT is an NREPP program.

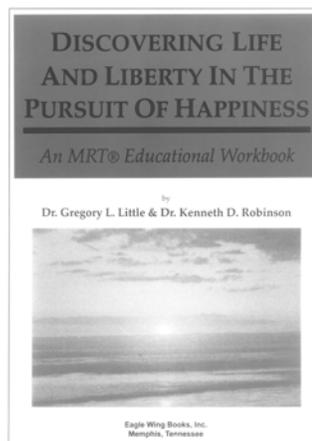
How It Is Conducted

The program has 16 Steps with 12 of these typically completed in 30 group

sessions held in accordance with the implementation site's own needs and characteristics. Clients complete homework for each group prior to coming to a session. In group each client presents his or her homework and the facilitator passes the client to the next step or has the client redo the homework based on objective criteria. All MRT groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. All MRT facilitators must complete basic MRT training.

Supportive Materials

The *MRT Facilitator's Handbook* (\$10.00) gives basic instructions as well as the objective criteria that should be used for each Step. Individuals who enter MRT training receive a copy of the *MRT Facilitator's Handbook*, the *Five-Minute Stress Manager*, and *Imaginary Future*.



MRT FOR DOMESTIC VIOLENCE PERPETRATORS

Bringing Peace To Relationships

This 119-page MRT workbook is used exclusively with **batterers**—perpetrators of domestic violence. The book follows the MRT Steps and also has sections covering the issues of power and control. Cost: \$25.00 per workbook.

Target Population & Use

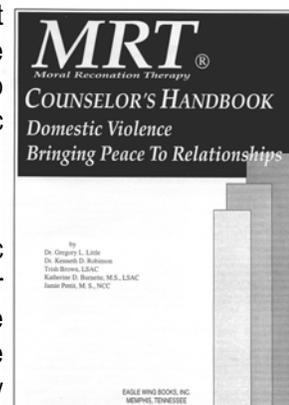
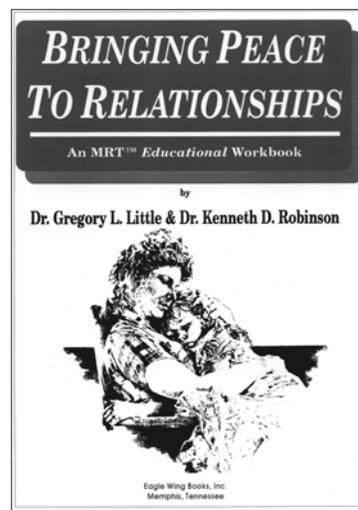
The book is used with many batterers programs as the primary treatment method. MRT meets most state requirements for batterer treatment programs and is approved by most states for use with batterer programs. MRT is an NREPP program.

How It Is Conducted

The program is divided in 24 modules with each module completed in a group session. Clients complete homework for each module prior to coming to a session. In group each client presents his or her homework and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. All MRT groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. All MRT domestic violence facilitators must complete domestic violence MRT training.

Supportive Materials

The *MRT Counselor's Handbook for Domestic Violence* (\$10.00) gives basic instructions as well as the objective criteria that should be used for each Step. Several other treatment tools are recommended. These include tapes or CDs that clients can utilize: the *Five-Minute Stress Manager* (\$8.95); *Imaginary Time-Out* (\$8.95). For information on these materials see page 18. Individuals who enter domestic violence MRT training receive a copy of the *MRT Counselor's Handbook for Domestic Violence*, the *Five-Minute Stress Manager*, and *Imaginary Time-Out*.



MRT FOR HOSPITAL BASED PROGRAMS & ADVANCED CLIENTS

Filling The Inner Void

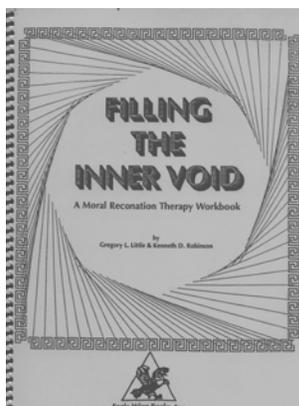
This 120-page workbook is an adaptation of basic MRT that was initially designed for hospital based programs and clients in private practice. The book is spiral bound and goes into several much deeper concepts than the offender or juvenile-based versions. The Jungian idea of the “shadow” is presented along with ideas about understanding why many people accumulate so many material objects. Cost: \$25.00 per workbook.

Target Population & Use

The book is used with nonoffender populations especially in hospital, residential treatment, and private practice settings. MRT is an NREPP program.

How It Is Conducted

The program is implemented in small groups or in individual counseling sessions.



Clients complete homework for each group prior to coming to a session. All MRT groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. All MRT facilitators must complete basic MRT training.

Supportive Materials

The *MRT Facilitator's Handbook* (\$10.00) gives basic instructions as well as the objective criteria that should be used for each Step. Several other treatment tools are recommended. These include tapes or CDs that clients can utilize: the *Five-Minute Stress Manager* (\$8.95); *Imaginary Future* (\$8.95). For information on these materials see page 18. Individuals who enter MRT training receive a copy of the *MRT Facilitator's Handbook*, the *Five-Minute Stress Manager*, and *Imaginary Future*.

COGNITIVE-BEHAVIORAL ANGER MANAGEMENT

Coping With Anger

A 49-page client workbook designed for 8 group sessions focusing on teaching and practicing anger management skills. Cost: \$10 per workbook.

Target Population & Use

Coping With Anger is targeted to adults and juveniles who have problems with managing feelings of anger and frustration in an appropriate way. It is used with **violent offenders, argumentative** or **oppositional** clients, as a supplemental program with **domestic violence perpetrators**, with **road rage, substance abuse, and drug courts**.

Implementation Settings

The program is in use in corrections, probation and parole, community corrections, diversion programs, all juvenile programs, and in private treatment settings.

How It Is Conducted

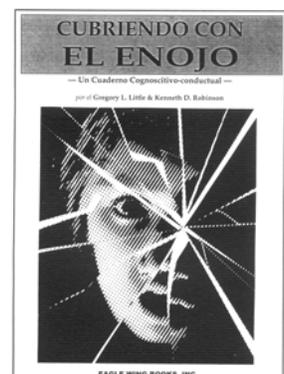
The program has 8 modules completed in 8 group sessions supplemented by several sessions with a counselor or facilitator. Clients complete homework for each module prior to coming to group. In group each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. The groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. A typical group will have a client present Module 1, another client completes Module 2, and so on. The workbook is individualized to specific client needs by requirements to meet with the facilitator or counselor at several modules.

Supportive Materials

The *Coping With Anger Facilitator's Guide* (\$5) gives basic instructions as well as the objective criteria that should be used for each module. Several other treatment tools are recommended and are essential to the treatment of anger management clients. These include tapes or CDs that clients utilize both in and out of group: the *Five-Minute Stress Manager* (\$8.95); *Basic Relaxation* (\$8.95); and *Progressive Muscle Relaxation* (\$8.95). An *Anger Management Training DVD* (1.5 hours) is available showing how clients are admitted and how groups are conducted (\$100.00).

Anger Management Group Starter Kit

The *Group Starter Kit* (\$245.00) contains 15 workbooks, 2 *Facilitator's Guides*, 2 *Five Minute Stress Manager* Tapes or CDs, 2 *Basic Relaxation* Tapes or CDs, the *Training DVD*, and the training video on a CD in Quicktime format.



See page 15 for Supportive tapes or CDs. Anger Management requires the use of basic relaxation techniques as well as time-out procedures.

All of CCI's audio materials come in CD or cassette tapes—your choice.

See Pages 19-20 for ordering instructions or call CCI at 901-360-1564.

COGNITIVE-BEHAVIORAL RELAPSE PREVENTION

Staying Quit

A 40-page client workbook based on the principles of *cognitive-behavioral relapse prevention*. Most relapse prevention workbooks are so detailed and intricate that the materials are too complicated for typical clients. *Staying Quit* is an 8-session program that focuses on risky situations, scripting changes, coping with urges and cravings, being around users, understanding support issues, and taking charge. Clients will tell you when and where they will relapse—and with whom—if you know how to ask. This enables you to target the most risky situations. Cost: \$10 per workbook.

Target Population & Use

Staying Quit is targeted to individuals who are active in substance abuse programs of any type and any setting. Relapse prevention actually is the primary goal of treatment, but focusing on relapse prevention issues should take place sometime after the client is engaged in treatment and is not actively using substances.

Implementation Settings

The program is in use in adult and juvenile substance abuse treatment programs in virtually any setting including drug/DUI courts, corrections, probation and parole, community corrections, diversion programs, and in private treatment settings.

How It Is Conducted

The program has 8 modules completed in 8 group sessions supplemented by several sessions with a counselor or facilitator. Clients complete homework for each module prior to coming to group. In group each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. The groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. A typical group will have a client present Module 1, another client completes Module 2, and so on. The workbook is individualized to specific client needs by requirements to meet with the facilitator or counselor at several modules.

Supportive Materials

The *Staying Quit Facilitator's Guide* (\$5) gives basic instructions as well as the objective criteria that should be used for each module. Several other treatment tools are recommended and are essential to relapse prevention clients. These include tapes or CDs that clients utilize both in and out of group: *Basic Relaxation* (\$8.95); *Progressive Muscle Relaxation* (\$8.95); *Clean & Sober Visualization* (\$8.95); and *Systematic Desensitization* (\$8.95).

Staying Quit Group Starter Kit

The Group Starter Kit (\$140.00) contains 11 workbooks; 1 *Facilitator's Guide*; 1 *Basic Relaxation* Tape or CD; 1 *Progressive Relaxation* Tape or CD; 1 *Clean and Sober Visualization* Tape or CD; and 1 *Systematic Desensitization* Tape or CD.



STAYING QUIT: A COGNITIVE-BEHAVIORAL APPROACH TO RELAPSE PREVENTION



by Gregory L. Little, Ed.D.
ADVANCED TRAINING ASSOCIATES

Staying Quit: A Cognitive-Behavioral Approach to Relapse Prevention
40-pages • \$10.00



*Staying Quit
Facilitator's Guide*
8 pages with full
implementation
instructions and
guidelines



All of CCI's audio materials
come in CD or cassette tapes—
your choice.

COGNITIVE-BEHAVIORAL PROGRAM FOR DUI OFFENDERS

Driving The Right Way

A 29-page workbook aimed at changing thinking and decision-making in first time DUI offenders. Note that customized versions are available and used in many states. A new state version will be created upon request and an order of 50 copies. The program is incorporated into DUI programs in accordance with a state's hourly educational/treatment requirements of which the *Driving The Right Way* component comprises 6 to 8 hours. The workbook is divided into 4 sessions that are usually presented in one day but can be broken into 4 sessions. Price: \$10.00.

Target Population & Use

Driving The Right Way is targeted to first time DUI offenders. The program is used in Tennessee, Illinois, New Mexico, Nebraska, Washington State, Ohio, Louisiana, Georgia, and Nevada. Specific state information is incorporated into sections of each version. Other state versions are added as requested.

Implementation Settings

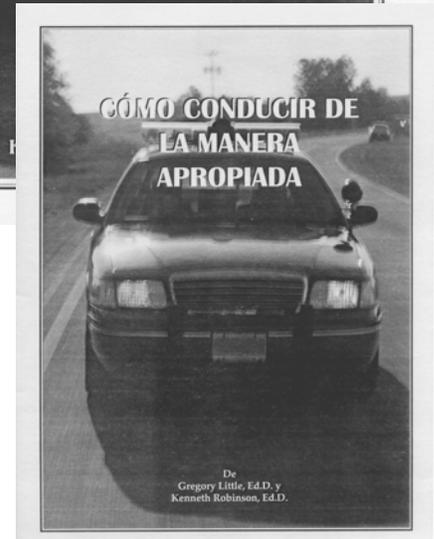
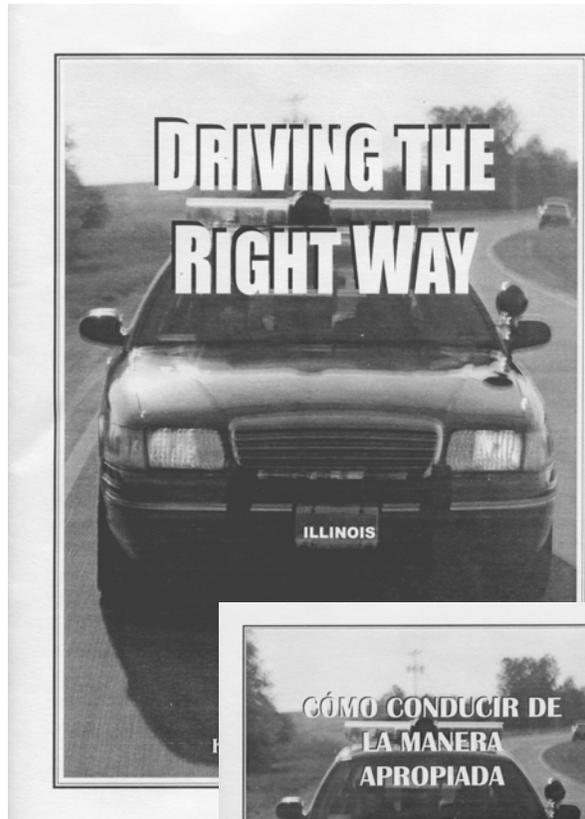
The program is in use in DUI schools and programs for first-time DUI offenders.

How It Is Conducted

The program has 4 sessions that can be conducted in a single day as part of a state's requirements. The program is meant to be incorporated into other program activities including the basic DUI education requirements. Participants can read and complete the written material for each session and then share their responses in group. Alternately, some programs have the program facilitator read the beginning of each section to participants and then have them fill out the written material. This is so that all of the participants can work at the same pace.

Supportive Materials

A Spanish version of the workbook is available. The Spanish version is generic and is used in all states. Price: \$10.00. A *Facilitator's Guide* is free to purchasers of the workbooks.



Interested in scheduling an MRT or other training? Check CCI's website for upcoming training dates and locations:

www.ccimrt.com

Call CCI at 901-360-1564 to obtain more information.

COGNITIVE-BEHAVIORAL PROGRAM FOR CODEPENDENCY

Untangling Relationships

A 28-page client workbook designed to be utilized in 12 group sessions. Groups can be open-ended. This program directly confronts the key issues of **codependency** including manipulation and dependent relationships. Cost: \$10 per workbook.

Target Population & Use

Untangling Relationships is targeted to substance abusers, criminals, and involved in domestic violence or dysfunctional relationships. Codependency is one of the major issues involved in enabling.

Implementation Settings

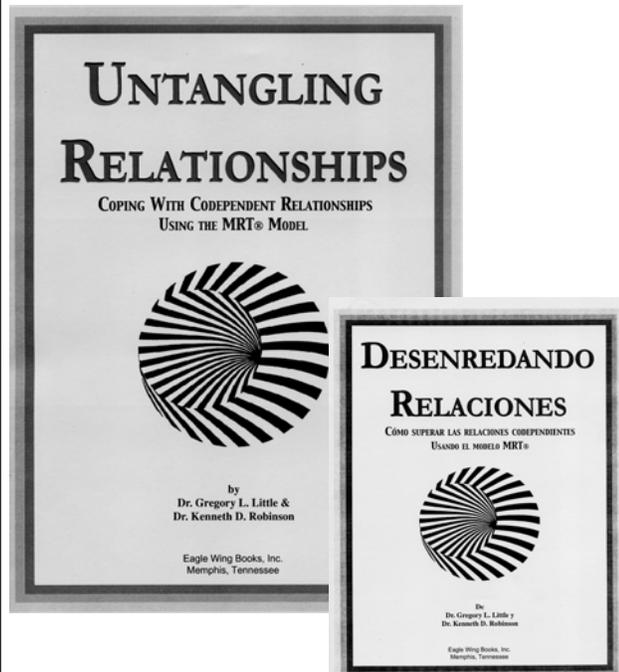
The program is in use in correctional programs, probation & parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings.

How It Is Conducted

The program has 12 sections with homework designed to be completed prior to group and then presented in 12 group meetings.

Supportive Materials

A Spanish version of the workbook (\$10.00) is available.



COGNITIVE-BEHAVIORAL SHOPLIFTING PROGRAM

Something For Nothing

A 17-page client workbook designed to be utilized in 8 group hours. The group meetings can be weekly for parole/probation settings or completed over a weekend. This program directly confronts and exposes the thinking and behaviors underlying shoplifting. Cost: \$10 per workbook.

Target Population & Use

Something For Nothing is directly targeted to shoplifters who are placed on probation, diversion programs, or ordered to undergo a shoplifting treatment program.

Implementation Settings

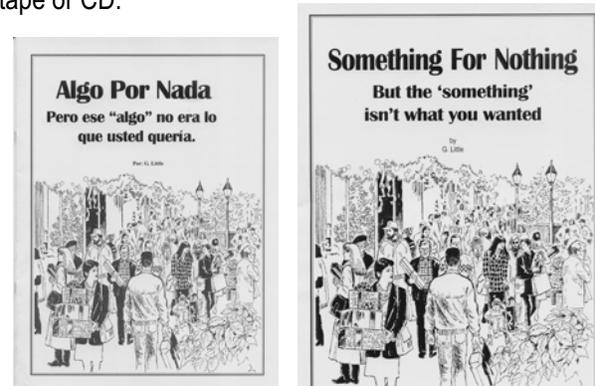
The program is in use in corrections, probation and parole, community corrections, diversion programs, and in private treatment settings.

How It Is Conducted

The program has 6 exercises completed in 8 group hours. In programs that implement the program over weekends, the audio version (on cassette tape or CD) of each exercise in the book is typically played to the group. Then participants complete written material and share their responses with the group. This is done so that everyone in the group completes the program at the same pace. These one or two-day groups are not open-ended. In weekly groups, clients read each exercise and complete the written material before group and then present their work to the group. Weekly groups can be open-ended meaning that new participants can enter the group at any time. Each participant presents the exercises from the specific one that participant is currently working on.

Supportive Materials

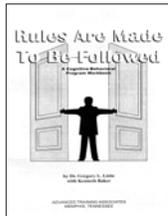
A Spanish version of the workbook (\$10.00) is available. An English version of the book is available on tape or CD.



COGNITIVE-BEHAVIORAL PROGRAM FOR UNDERAGE DRINKING & CRIMINAL IMPERSONATION

Rules Are Made To Be Followed

A 16-page client workbook designed to be utilized in 8 group hours or 4 group sessions. The group meetings can be weekly for diversion/probation settings or the program can be completed over a weekend. This program directly confronts the problem of underage drinking and fake IDs. Cost: \$10 per workbook.



Target Population & Use

Rules Are Made To Be Followed is directly targeted to underage drinkers who are placed on probation, diversion programs, or ordered to undergo a brief program.

Implementation Settings

The program is in use in probation, community corrections, diversion programs, educational institutions, and in private settings.

How It Is Conducted

The program has 4 sets of homework designed to be completed and presented in 8 group hours. The program can be conducted over a weekend or in weekly group meetings.

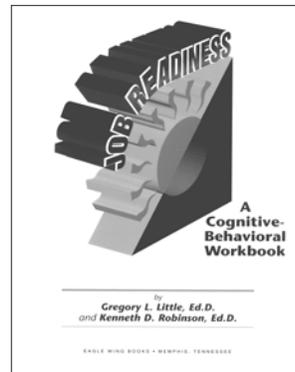
Supportive Materials

A Spanish version of the workbook (\$10.00) is available.

COGNITIVE-BEHAVIORAL PROGRAM FOR JOB READINESS

Job Readiness

A 26-page client workbook designed to be utilized in 6 group sessions. This program presents what a “good employee” is, a self-assessment, work goals and habits, and how to get and keep a job as well as how and why people get promoted. Cost: \$9 per workbook.



Target Population & Use

Job Readiness is targeted to individuals who are about to enter the work world as well as those who have poor work histories.

Implementation Settings

The program is in use in correctional programs, probation & parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings.

How It Is Conducted

The program has 6 sections with homework designed to be completed prior to group and then presented in 6 group meetings. The program is either open-ended and conducted in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.

COGNITIVE-BEHAVIORAL PROGRAM FOR FAMILY & CHILD SUPPORT

Family Support

A 26-page client workbook designed to be utilized in 8 group sessions. This program directly confronts failure to pay child or family support payments. Cost: \$9 per workbook.

Target Population & Use

Family Support is targeted to individuals who have failed to maintain obligations to pay family or child support.

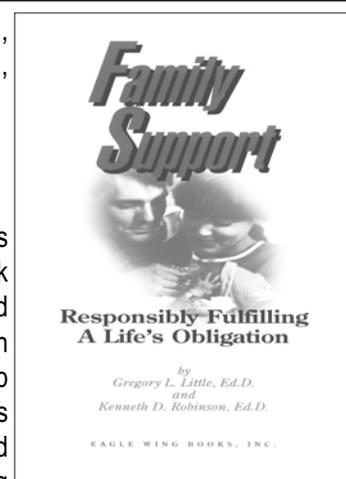
Implementation Settings

The program is in use in correctional programs, probation & parole, drug courts, community corrections,

diversion programs, educational institutions, and in private settings.

How It Is Conducted

The program has 8 sections with homework designed to be completed prior to group and then presented in 8 group meetings. The program is either open-ended and conducted in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.



COGNITIVE-BEHAVIORAL SEX OFFENDER RELAPSE PREVENTION

Making Changes For Good

A 56-page, 10-session workbook designed for sex offender relapse prevention. Cost: \$18.00.

Target Population & Use

Making Changes For Good is used with clients in need of **Sex Offender Relapse Prevention**. The program is designed to be used in concert with any sex offender treatment program or with sex offenders who have been released on probation or parole.

Implementation Settings

The program is in use in correctional settings, in parole & probation, and community corrections.

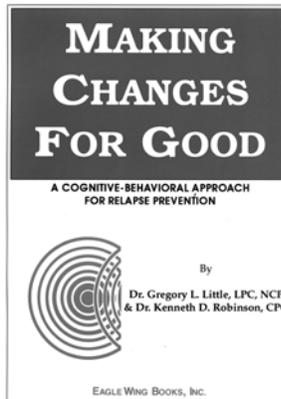
How It Is Conducted

The workbook has 10 modules, which participants read sequentially and prepare homework prior to group meetings. In group each client presents the completed

homework and the counselor utilizes objective criteria to ensure that the homework is satisfactory. The groups are open-ended in that new clients can enter ongoing groups at any time and work at their own pace.

Supportive Materials

An extensive *Facilitator's Guide* is available for \$10.00.



Making Changes For Good Facilitator's Guide
A 12-page set of instructions outlining how to start, conduct, and maintain sex offender relapse prevention. Price: \$10.00.



COGNITIVE-BEHAVIORAL PROGRAM FOR CRIMINAL THINKING

Thinking For Good

A 70-page workbook used with offenders and resistant clients. The book focuses especially on typical criminal thinking issues such as: Everyone lies, cheats, and steals; No one can be trusted; The rules don't apply to them; That all relationships are manipulative.

Target Population & Use

Thinking For Good is used with resistant offender populations in groups. The program prepares the most resistant clients for more treatment. Typically this program is used prior to participating in a more long-term program such as MRT.

Implementation Settings

The program is predominantly used in corrections, community corrections, and in probation and parole settings.



Thinking For Good Facilitator's Guide
A 7-page set of instructions outlining how to start, conduct, and maintain the program.
Price: \$5.00.

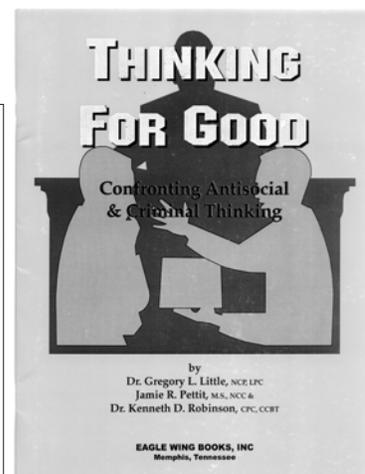
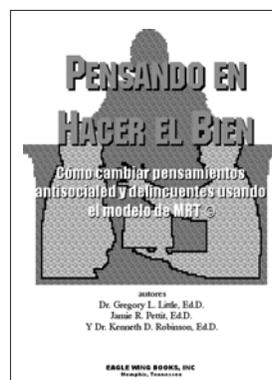
How It Is Conducted

Participants complete each of the program's 10 modules before group sessions and share their homework in the group. The program is designed for 10 group sessions. Groups are open-ended in that new clients can enter an ongoing group at any time.

Supportive Materials

A Spanish version of the workbook is available for \$10.00. A *Facilitator's Guide* is also available for \$5.00.

Thinking For Good is available in both English and Spanish versions.



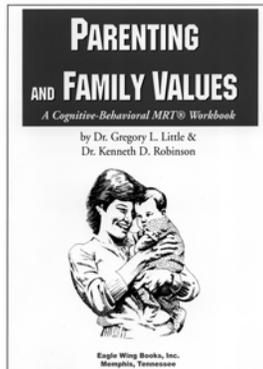
COGNITIVE-BEHAVIORAL PARENTING SKILLS PROGRAM

Parenting and Family Values

A 75-page workbook designed to help participants develop parenting skills and assess values related to family. Clients confront their parenting skills and habits, perform a clarification on their values regarding family, and establish appropriate discipline routines. Cost: \$15.00.

Target Population and Use

Parenting and Family Values is used with clients in any type of treatment—but especially with female offenders and others in need of parenting skills.



Implementation Settings

The program is in use in correctional settings at all levels as well as in numerous private treatment venues.

How It Is Conducted

Participants complete homework from the 12-module workbook prior to attending group. In group, each participant shares his or her responses. The program is designed for 12 group sessions. The program can be open-ended or conducted as a class where all participants enter and complete at the same time.

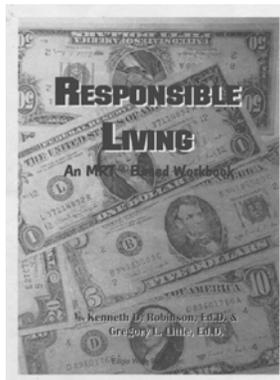
COGNITIVE-BEHAVIORAL PROGRAM FOR PETTY CRIME

Responsible Living

A 26-page workbook focusing on rules, relationships, feelings for others, values, goals, and making commitments.

Target Population and Use

Responsible Living is used in many settings with both juveniles and adults. The program can be used for repeat offenders of petty crime including vandalism, bad checks, repeat traffic offenders, and restitution.



How It Is Conducted

The program is designed for 8 group sessions. Participants complete each session's homework prior to coming to group. In group each participant shares his or her homework. The group can be open ended or held as a class where all clients complete at the same time.

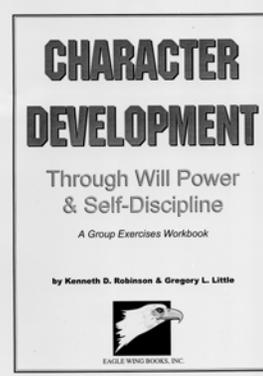
COGNITIVE-BEHAVIORAL PROGRAM FOR WILL POWER & SELF DISCIPLINE

Character Development Through Will Power & Self-Discipline

A 54-page workbook focusing on methods and motivations of building will power and self-discipline and how to set goals. Price: \$20.00.

Target Population and Use

Character Development is used in many settings with both juveniles and adults. The program is used in therapeutic communities, boot camps, in parole and probation, and specialized educational youth



programs. It is typically used in conjunction with other MRT®-based programs.

How It Is Conducted

The program is designed for 16 group sessions. Participants complete each session's homework prior to coming to group. In group each participant shares his or her homework. The program is typically conducted as a class where all clients complete at the same time.

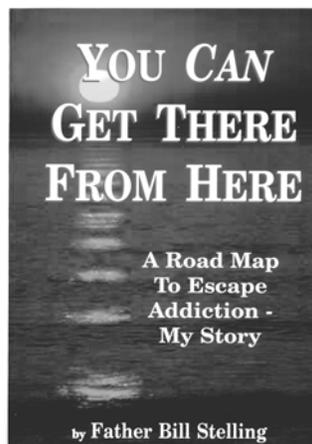
Supportive Materials

A Facilitator's Guide is Available for \$20.00.

12-STEP RELATED MATERIALS

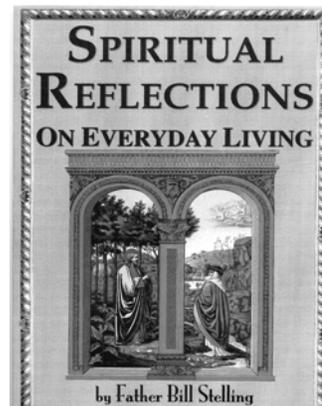
You Can Get There From Here

Subtitled, "A Road Map to Escape Addiction," this 85-page book contains Father Bill Stelling's intervention and movement through the AA 12-Step world and his hints to others who take that path. Stelling, now deceased, became a widely sought speaker and well-known writer who devoted the last decade of his life to assisting others who were struggling with addiction. Price: \$8.95.



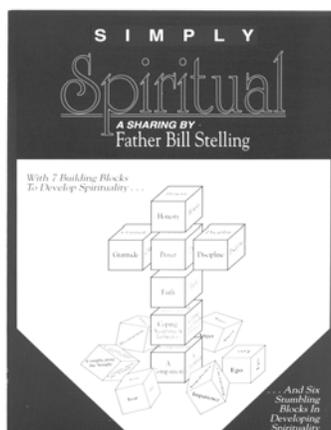
Spiritual Reflections on Everyday Living

In this 167-page book are 52 stories from Father Bill Stelling's weekly and monthly newspaper columns. After completing a 12-Step recovery program Stelling wrote a monthly column in the monthly newspaper *Recovery Times* and soon wrote a weekly column for several newspapers. The stories are all based on actual events, many are addiction-related, and the meaning of each is probed. Price: \$10.00.



Simply Spiritual

In this 64-page book, Father Bill Stelling reveals the seven major building blocks of spirituality and the six big stumbling blocks. Heavily AA 12-Step oriented. Price: \$9.95.



Interview With Father Bill Stelling: 90-minute tape

A few years before Father Bill Stelling died, Dr. Greg Little sat down with him and recorded a 90-minute interview. Many people have found Father Bill's voice, words of encouragement, and simple message of hope to be profoundly inspirational. Price: \$8.95 (cassette tape only).



Simply Spiritual Workbook

A 37-page workbook designed to be used with Father Bill Stelling's *Simply Spiritual* book. The workbook follows each chapter in the book and asks group participants for their ideas and responses on each of the building blocks and stumbling blocks involved in developing spirituality. As with all Father Bill's books, there is a heavy emphasis on AA 12-Step principles. Price: \$10.00

Target Population & Use

The *Simply Spiritual Workbook* is used in substance abuse and alcohol treatment programs as an adjunct to 12-Step treatment.

How It Is Conducted

Participants read each chapter of the *Simply Spiritual* book and complete the exercise in the workbook corresponding to that chapter. In group, participants share their responses. The group can be either open-ended or conducted as a class.

Simply Spiritual Workbook

by Father Bill Stelling
Eagle Wing Books, Inc.

SUPPORTIVE TREATMENT MATERIALS—CASSETTE TAPES & CDS

Basic Relaxation—a 15-minute relaxation visualization on cassette or CD used to supplement several treatment programs. Voice: Dr. Greg Little. Cost: \$8.95.

Target Population & Use

Basic Relaxation is used with clients in **Relapse Prevention, Anger Management,** or with anyone in need of stress reduction.

Implementation Settings

The tape or CD is used in virtually all residential and outpatient settings. The tape or CD can be sold to clients or loaned to program participants.

How It Is Conducted

The client listens to the instructions and simply follows the mental imagery. The audio is listened to either privately or in group.

Clean & Sober Visualization—a 20-minute visualization method that allows participants to project themselves into a positive future where they are clean and sober. Voice: Dr. Greg Little. Cost: \$8.95.

Target Population & Use

The *Clean & Sober Visualization* is used with clients in any type of substance abuse treatment—especially in **Relapse Prevention.**

Implementation Settings

The tape or CD is used in virtually all substance abuse residential and outpatient treatment settings. The tape or CD can be sold to clients or loaned to program participants.

How It Is Conducted

Participants in substance abuse use the visualization to assist with the setting of appropriate goals as well as helping them see themselves as living happily without substance use. The audio is listened to either privately or in group.

Five-Minute Stress Manager—a 15-minute relaxation tape or CD divided into three 5-minute sections. Teaches a fast and reliable visualization technique that can be used to instantly relax virtually anywhere and almost anytime (except when driving). Voice: Dr. Greg Little. Cost: \$8.95.

Target Population and Use

The *Five-Minute Stress Manager* is used with clients in any type of treatment—especially participants in **Relapse Prevention, Anger Management, Domestic Violence,** and those who have trouble coping with stress and feelings.

Implementation Settings

The tape or CD is used in virtually all treatment settings. The tape or CD can be sold to clients or loaned to program participants.

How It Is Conducted

Participants use the visualization to assist with developing and practicing a fast and reliable relaxation method. The audio is listened to either privately or in group.

Five Minute Stress Manager & Imaginary Future Combination CD—contains both the *Five-Minute Stress Manager* and *Imaginary Future* visualizations on separate tracks on one CD. Voice: Dr. Greg Little. Cost: \$16.95.

Five Minute Stress Manager & Imaginary Time-Out Combination CD—contains both the *Five-Minute Stress Manager* and *Imaginary Time-Out* visualizations on separate tracks on one CD. Voice: Dr. Greg Little. Cost: \$16.95.

Imaginary Future—a 15-minute visualization tape or CD used to assist in the setting of appropriate future long-term goals. Voice: Dr. Greg Little. Cost: \$8.95.

Target Population & Use

Imaginary Future is used to assist program participants who are in the process of identifying and setting appropriate long-term goals. The method is useful for MRT participants at Step 7 as well as with any clients when they identify future plans.

Implementation Settings

The tape or CD is used in virtually all residential and outpatient settings. It is used extensively in all MRT-based programs. The tape or CD can be sold to clients or loaned to program participants.

How It Is Conducted

The client listens to the instructions and simply follows the mental imagery. The audio is listened to either privately or in group.

Imaginary Time-Out—a 15-minute tape or CD used to help clients identify and visualize appropriate strategies in times of stress when a time-out or cooling off period is needed. Voice: Dr. Greg Little. Cost: \$8.95.

Target Population & Use

Imaginary Time-Out is used primarily with clients in **Anger Management** or **Domestic Violence** treatment programs.

Implementation Settings

The tape or CD is used in virtually all residential and outpatient settings. It is used extensively in anger management and domestic violence programs. The tape or CD can be sold to clients or loaned to program participants.

How It Is Conducted

The client listens to the instructions and simply follows the mental imagery. The audio is listened to either privately or in group.

Progressive Muscle Relaxation—a 15-minute tape or CD used to help clients who have major problems



developing strategies for stress reduction or tension relief. Progressive muscle relaxation is a more intense form of relaxation that involves the repeated creation of tension in specific muscle groups followed by relaxing each muscle group. The method moves from one body area to another. Voice: Dr. Greg Little. Cost: \$8.95.

Target Population & Use

Progressive Muscle Relaxation is used with any clients who have problems relaxing through normal methods or by the use of breathing and imagery.

Implementation Settings

The tape or CD is used in virtually all residential and outpatient settings. The tape or CD can be sold to clients or loaned to program participants.

How It Is Conducted

The client listens to the instructions and simply follows the instructions. The audio is listened to either privately or in group.

Systematic Desensitization—a 25-minute tape or CD used to help clients become desensitized to specific events that provoke unwanted feelings or behaviors. Voice: Dr. Greg Little. Cost: \$8.95.

Target Population & Use

Systematic Desensitization is used with many types of clients who have difficulty coping with specific situations that provoke feelings of fear, tension, and anxiety or behaviors that relate to fight or flight. Once a problem area is identified the audio is used and the client visualizes him- or herself in that situation simultaneously with relaxation.

Implementation Settings

The tape or CD is typically used with clients individually with assistance from a counselor. The tape or CD can also be sold to clients or loaned to program participants. Anger Management, Relapse Prevention, shy and aggressive clients can all benefit from the technique.

How It Is Conducted

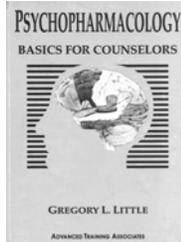
With a counselor's assistance, the client first identifies the problem situation that provokes unwanted responses. The client then listens to the instructions and simply follows the mental imagery and techniques. The audio is listened to either privately or with a counselor.



TEXTBOOKS & TREATMENT RELATED BOOKS

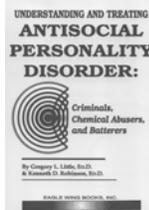
Psychopharmacology: Basics For Counselors

A 279-page authoritative soft cover text for addictions counselors, counselors in training, and those seeking an understanding of how drugs work in the brain. Explains the basics of psychopharmacology in an easy-to-read style—by Dr. Greg Little. No prior understanding of anatomy or chemistry is required. Contains the history of drugs of abuse, behavioral and side effects, tolerance and dependence, withdrawal, mechanism of action, and basic genetics. Price: \$24.95.



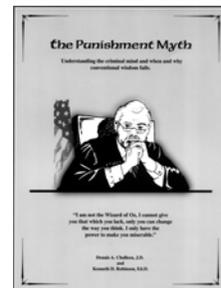
Understanding and Treating Antisocial Personality Disorder: Criminals, Chemical Abusers, and Batterers

A 65-page soft cover text detailing the relationship between Antisocial Personality Disorder and a host of criminal-related behaviors. Contains sections on diagnosis of all Cluster B Personality Disorders. By Dr. Greg Little and Dr. Ken Robinson. Price: \$10.00.



The Punishment Myth: Understanding The Criminal Mind and When and Why Conventional Wisdom Fails

By Judge Dennis A. Challeen and Dr. Ken Robinson. A 103-page book discussing the research and outcomes of various criminal justice approaches with powerpoint presentation pages, letters, and more. Details how offenders see the world very differently from others. Price: \$10.00.



CRISIS INTERVENTION

STRATEGIES FOR CHEMICAL ABUSERS & OFFENDERS

Gregory L. Little, M.S., LPC
Kenneth D. Robinson, M.S., LPC
Katherine D. Burnette, M.S., LADC

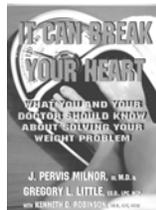
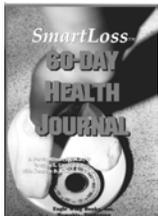
Crisis Intervention: Strategies For Chemical Abusers & Offenders

A 61-page soft cover text outlining simple and reliable procedures for handling typical client crises. By Dr. Greg Little, Dr. Ken Robinson, & Kathy Burnette. Contains reproducible crisis

intervention forms and tests for anxiety and depression. Price: \$10.00.

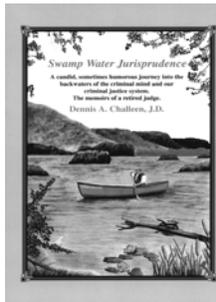
It Can Break Your Heart & SmartLoss 60-Day Health Journal

This two-book combination set was written by Dr. J. P. Milnor, Dr. Greg Little, and Dr. Ken Robinson. *It Can Break Your Heart* is a 424-page soft cover text covering all the issues regarding obesity and weight problems with special chapters on dealing with psychological issues related to weight gain and weight loss. The book contains a massive section on various resources and information on content of nearly every food. The *SmartLoss 60-Day Health Journal* comes with the book and is an oversized, 81-page journal used to chart daily eating and weight. The *Journal* contains a listing of the content of fast foods from every major fast food restaurant. Sold only as a set. A \$41 value, reduced. Price of both: \$5.00.



Swamp Water Jurisprudence

By Judge Dennis A. Challeen. A candid, sometimes humorous journey into the backwaters of the criminal mind and our criminal justice system. Contains 69 points about the criminal justice system including ideas about prisons, probation, offenders, and the treatment of offenders. Also looks at morality, criminal thinking, and what the system thinks about criminals. Price: \$10.00.



Effective Counseling Approaches for Chemical Abusers & Offenders

A 104-page soft cover text presenting the history of counseling, chemical abuse counseling, and the major counseling theories used with offenders: Client-Centered; Behaviorism; Rational-Emotive; Reality Therapy; Cognitive-Behavioral; Gestalt; and Transactional Analysis. By Dr. Greg Little, Dr. Ken Robinson, & Kathy Burnette. Price: \$12.00.

EFFECTIVE COUNSELING APPROACHES FOR CHEMICAL ABUSERS & OFFENDERS

Gregory L. Little, M.S., LPC
Kenneth D. Robinson, M.S., LPC
Katherine D. Burnette, M.S., LADC

The Joy of Journaling

A 111-page book detailing the dynamics of journaling and how it used in therapy. Contains numerous excerpts from actual patient journals. By Drs. Paul & Pat D'Encarnacao. Price: \$11.95.



Searching For Eternity

A 428-page book on how to overcome death anxiety. Contains nearly every concept of an afterlife. By Dr. Don Morse with Dr. Raymond Moody. Price reduced to: \$5.00.



PERSONAL DISCOVERY PROGRAM—CAREER EXPLORATION

Your LifeWork: Finding Your Purpose, Principles, & Mission

A 70-page workbook designed for 8 group sessions focusing on finding one's life purpose, establishing principles, and living life as being on a personal mission. This unique program guides individuals in an evaluation of their personality, habits, beliefs, and attitudes and compares these to what they believe is their true purpose and mission. Cost: \$15 per workbook.

Target Population & Use

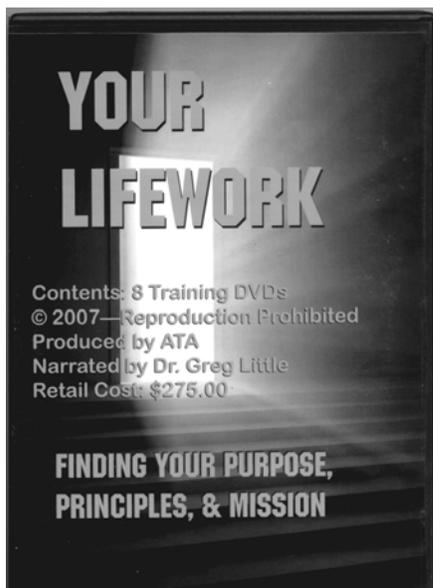
Your LifeWork is targeted to several wide-ranging populations. The program can be used with clients in any treatment program provided they are at a point in their progress where they can participate in a deep exploration of their work behavior, work attitudes, and career ambitions. The book has also been used with employees in a variety of jobs (with a special focus on government workers) as an employee development and career exploration program.

Implementation Settings

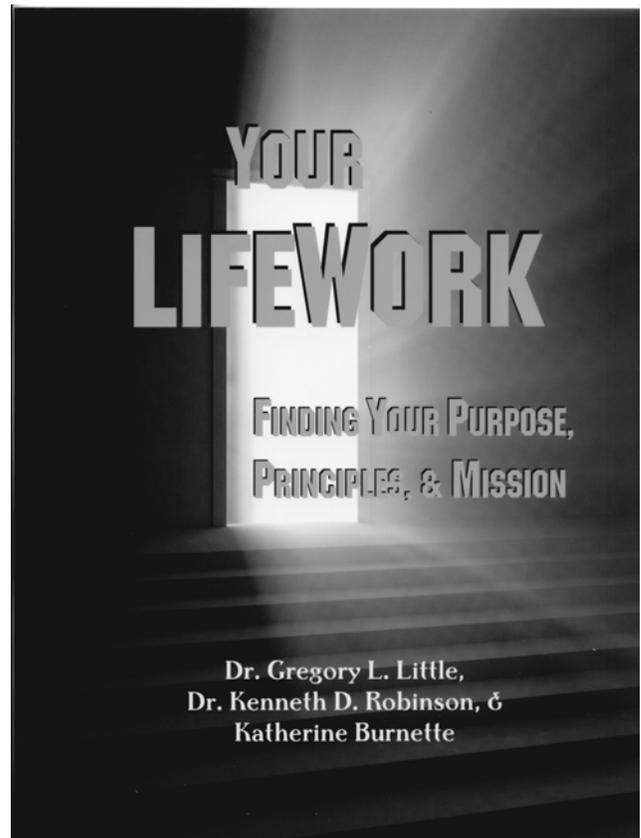
The program is designed to be used in correctional and other treatment settings, church programs, government employee development programs, and in the private sector.

How It Is Conducted

The program has 8 focused chapters completed in 8 group sessions or it can be completed over two 6-hour days. The chapters contain written stories and structured exercises that can be read and completed in the group itself or completed prior to group. In the two-day intensive format, the chapters are presented in an audiovisual form via showing a DVD of each chapter presented in documentary form. Most of the chapters are shown in 20 minutes. After viewing the film version of the chapter, participants complete the written exercises and share their responses in group. This is done so that all participants complete each program chapter at the same pace.



Your LifeWork DVD Set



Supportive Materials

The *Your LifeWork 8 DVD Set* presents each of the workbook's chapters in a documentary format. The films are highlighted by music. Narrated by Dr. Greg Little. DVD Set Price reduction: \$150.00. A brief *Facilitator's Guide* is available for free with purchase of the *Your LifeWork Group Starter Kit*, which also contains the DVD set.

Your LifeWork Group Starter Kit

The *Your LifeWork Group Starter Kit* contains 11 workbooks, a *Facilitator's Guide*, and the *Your LifeWork 8 DVD Set*. Price: \$250.00.

CCI's Cognitive-Behavioral Treatment Materials Price List

Client Workbooks & Treatment Materials

Basic Relaxation (Relaxation tape or CD)	Tape	\$8.95
	CD	\$8.95
Character Development (Juvenile Program)		\$20.00
Character Development Facilitator's Guide		\$20.00
Clean & Sober Visualization (Sober imagery tape or CD)	Tape	\$8.95
	CD	\$8.95
Coping With Anger (Anger Management)		\$10.00
Coping With Anger (Spanish version)		\$10.00
Coping With Anger Facilitator's Guide		\$5.00
Coping With Anger (book on tape or CD)	Tape	\$50.00
	CD	\$50.00
Coping With Anger Training DVD		\$100.00
Coping With Anger Group Starter Kit		\$245.00
Driving The Right Way (1 st DUI, state versions)		
	For Tennessee	\$10.00
	For Illinois	\$10.00
	For Nebraska	\$10.00
	For New Mexico	\$10.00
	For Georgia	\$10.00
	For Idaho	\$10.00
	For Washington	\$10.00
	For Louisiana	\$10.00
	For Ohio	\$10.00
	Other state (50 minimum)	\$10.00
Driving The Right Way (Spanish version)		\$10.00
Driving The Right Way Facilitator's Guide		Free
Family Support (Child/Family \$ Support)		\$9.00
Five-Minute Stress Manager (relaxation Tape)		\$8.95
Five Minute Stress Manager & Imaginary Future (both on CD)		\$16.95
Five Minute Stress Manager & Imaginary Time-Out (both on CD)		\$16.95
Imaginary Future (Goal-setting imagery tape)		\$8.95
Imaginary Time-Out (Time-Out imagery tape)		\$8.95
It Can Break Your Heart & 60-Day Health Journal combo (weightloss)		\$5.00
Job Readiness (Job Attitudes & behaviors)		\$9.00
Making Changes For Good (Sex Offenders)		\$18.00
Making Changes For Good Facilitator's Guide		\$10.00
Parenting & Family Values (Parenting skills)		\$15.00
Progressive Muscle Relaxation (Relaxation)		
	Tape	\$8.95
	CD	\$8.95
Responsible Living (Petty crime, etc.)		\$10.00
Rules Are Made To Be Followed (Underage Drinking)		\$10.00
Rules Are Made To Be Followed (Spanish)		\$10.00
Simply Spiritual (12-Step spirituality)		\$8.95
Simply Spiritual Workbook		\$10.00
Something For Nothing (Shoplifting)		\$10.00
Something For Nothing (Spanish version)		\$10.00
Something For Nothing (book on tape - CD)	Tape	\$50.00
	CD	\$50.00
Spiritual Reflections on Everday Living		\$8.95

Client Workbooks & Treatment Materials

Staying Quit (Relapse Prevention)		\$10.00
Staying Quit Facilitator's Guide		\$5.00
Staying Quit Group Starter Kit		\$140.00
Systematic Desensitization (On tape or CD)		
	Tape	\$8.95
	CD	\$8.95
The Joy of Journaling (Journaling skills)		\$11.95
Thinking For Good (Criminal Thinking)		\$10.00
Thinking For Good (Spanish version)		\$10.00
Thinking For Good Facilitator's Guide		\$5.00
Untangling Relationships (Codependency)		\$10.00
Untangling Relationships (Spanish version)		\$10.00
You Can Get There From Here (12-Step book)		\$8.95
Your LifeWork (Employee & Job Development)		\$20.00
Your LifeWork on DVD Set		\$150.00
Your LifeWork Group Starter Kit		\$239.00

Textbooks

Crisis Intervention		\$10.00
Effective Counseling Approaches for Chemical Abusers & Offenders		\$12.00
Psychopharmacology		\$24.95
Swamp Water Jurisprudence		\$10.00
The Punishment Myth		\$10.00
Searching For Eternity		\$5.00
Understanding & Treating Antisocial Personality Disorder		\$10.00

**MRT® Materials—the materials listed below
can only be ordered by
trained MRT Facilitators**

MRT Facilitators Handbook		\$10.00
MRT Poster (The Freedom Ladder)		\$10.00
How To Escape Your Prison (Adult MRT)		\$25.00
How To Escape Your Prison (Spanish version)		\$25.00
How To Escape Your Prison (book on tapes or CDs)	Tapes	\$60.00
	CDs	\$60.00
How To Escape Your Prison (Spanish book on tapes or CDs)	Tapes	\$60.00
	CDs	\$60.00
Juvenile MRT—How To Escape Your Prison		\$25.00
Bringing Peace To Relationships (Domestic Violence)		\$25.00
Bringing Peace To Relationships Facilitator's Guide		\$10.00
Discovering Life & Liberty (MRT in Educational setting)		\$25.00
Filling The Inner Void (MRT in Hospital/Residential settings)		\$25.00

CCI Treatment Materials Order Form

List the title of the ordered item(s) on the lines below. Place the item price next to it. Then write how many of each item you are ordering. Multiply the item price by the number of items you are ordering. Bulk discounts are available on many products—call for discount pricing. CCI charges a small handling and processing fee for most shipments plus actual UPS shipping charges. Call for shipping and handling charges. Tennessee residents must add 9.25% sales tax, but sales tax exempt TN businesses must supply a tax ID.

Title of Item Ordered	Cost per item	# Ordered	Extension

Name & Shipping Address (No P.O. Boxes)	
Name: _____	Total: _____
Agency: _____	9.25 TN sales tax if applicable: _____
Address: _____	S & H Charge (Call): _____
_____	Grand Total: _____

City/State/Zip: _____

Phone: _____

Credit Card # _____

Expiration date: _____

Signature: _____

Obtain shipping & handling costs by phone or obtain it at the CCI website (www.ccimrt.com). Clip coupon and send with check, MO, or Government PO. If paying by Credit Card (AMEX, MC, or VISA), please fill out credit card information to the left and sign and date the form. Mail or FAX to:

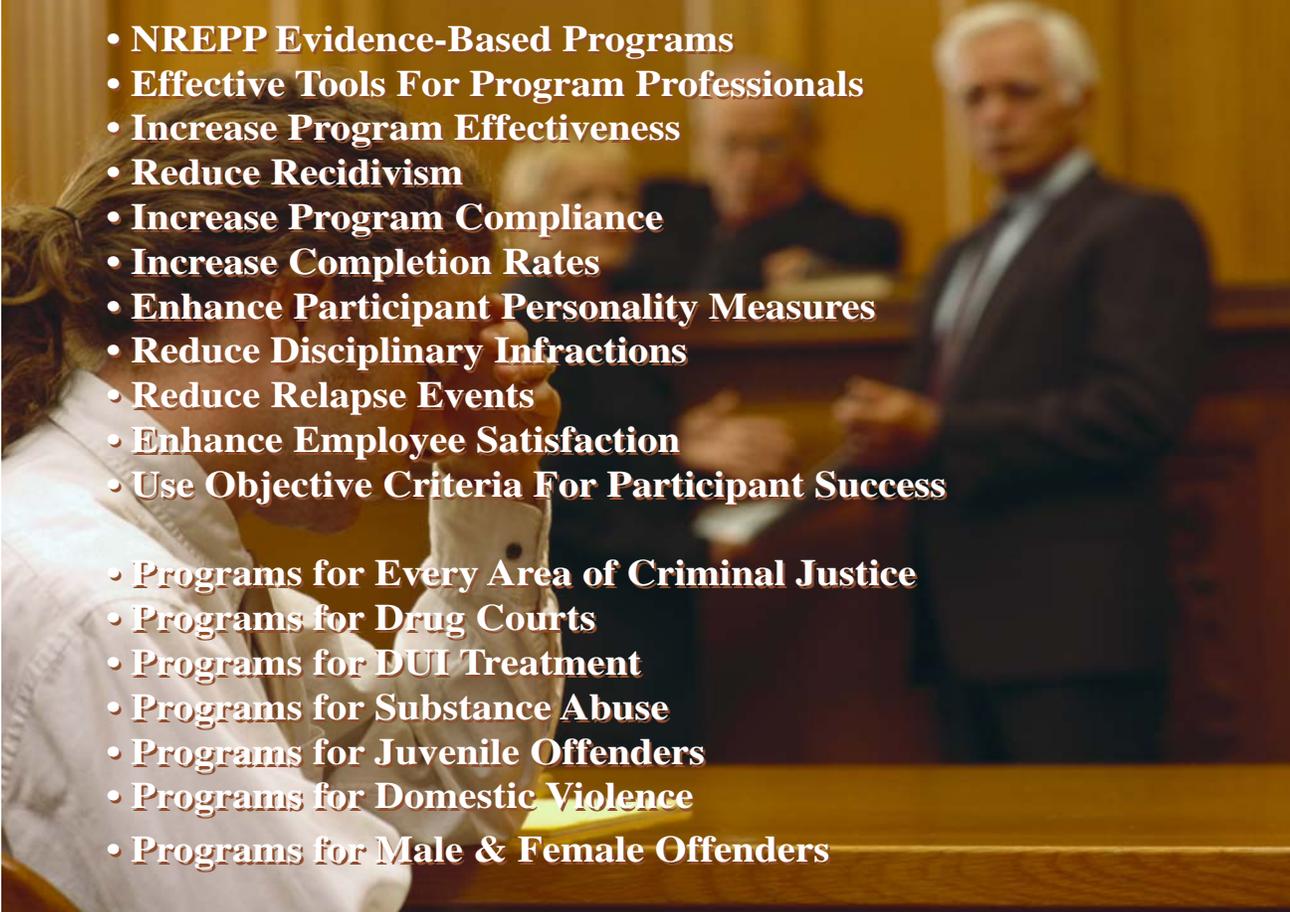
Correctional Counseling Inc.
 2028 Exeter Rd.
 Germantown TN 38138
 PH: 901-360-1564 FAX: 901-757-1995

COGNITIVE-BEHAVIORAL TREATMENT RESOURCES

www.ccimrt.com — Materials Catalog —

CLIENT WORKBOOKS,
PROGRAM MATERIALS &
PROFESSIONAL BOOKS

www.moral-reconation-therapy.com

- 
- **NREPP Evidence-Based Programs**
 - **Effective Tools For Program Professionals**
 - **Increase Program Effectiveness**
 - **Reduce Recidivism**
 - **Increase Program Compliance**
 - **Increase Completion Rates**
 - **Enhance Participant Personality Measures**
 - **Reduce Disciplinary Infractions**
 - **Reduce Relapse Events**
 - **Enhance Employee Satisfaction**
 - **Use Objective Criteria For Participant Success**

 - **Programs for Every Area of Criminal Justice**
 - **Programs for Drug Courts**
 - **Programs for DUI Treatment**
 - **Programs for Substance Abuse**
 - **Programs for Juvenile Offenders**
 - **Programs for Domestic Violence**
 - **Programs for Male & Female Offenders**

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